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▶ Going by the pen name of Dr. Stirling Silverman, this man has taken every precaution to be ready for the country's collapse.

Advice to survive the apocalypse

First the S&P downgrade, then an unsettled stock market, and then an earthquake? If you're not thinking about the apocalypse, you'll at least want to meet those who are preparing for it. Dr. Stirling Silverman is at the ready — he's been stocking supplies since the '80s — and is one of the survivalists featured in the TLC special "Livin' for the Apocalypse," airing Sunday. Hunker down and read our interview for his tips. {page 11}

Is Boston's stigma of racism on the mend?

- Major black conferences choose Hub over others
- But local bar charged with discrimination {page 02}

News

iQuit: Jobs steps down as Apple CEO

- Spent 14 years at helm of company started in his garage
- Is it end of Apple? {page 08}

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Is Hub still seen as a racist city?

- Alleged bar discrimination latest to contribute to Boston's racist image
- With minority events and election wins, leaders see city changing
- Officials say much has improved since infamous busing riots in 1970s

DPS PHOTO BY PAUL CONNELL

▶ A 1974 court ruling to end segregation mandated mixing school populations; the proposed solution was to bus some students outside of their neighborhoods. Fighting broke out at Hyde Park High as buses were about to leave on February 14, 1975.

As Boston officials try to shed the decades-old stigma that the city is a less-than-welcoming place for minorities, recent news of alleged discrimination at a Dorchester bar has somewhat set back those efforts.

"It exists in the country, so Boston isn't exempt from it," said Boston City Councilor Ayanna Pressley when asked about racial tensions in the city.

Leaders and attendees at the national Blacks In Government conference, which kicked off at the Hynes Convention Center this week, acknowledged that Boston is perceived as a city that is divided by race. Just last week, the Attorney General's office filed a lawsuit alleging that a Dorchester bar forbid minorities to enter.

J. Keith Motley, chancellor of UMass Boston, told the convention about visiting his native Pittsburgh from Boston years ago.

"When I would return to Pittsburgh, I got standing ovations just because I made it back," Motley said.

The conference was one of the latest achievements for Boston officials who for years have attempted to court more minority events and conferences to come to the city that was once described by Celtic great Bill Russell as a "flea market of racism."

The training conference is being held in Boston for the first time in its 33-year history. Also a win for Boston was the selection of the city as the site for this year's National Urban League conference. The Urban League had not returned to Boston since 1976.

Leaders on Monday also touted the elections of Pressley — the first black woman elected to the council — and the state's first black governor, Gov. Deval Patrick, as examples of Boston's growth.

"We are better off than we used to be and we are still not who we can be," Pressley said.

53%

Boston leaders call the Hub a "majority minority city" with just over half of residents non-white or Hispanic and 47 percent white, non-Hispanic, according to 2010 Census data.

▶ On April 2, 1974, a crowd held an anti-busing march.

DPS PHOTO BY TED DULLY

MICHAEL NAUGHTON
michael.naughton@metro.us

In the news

$55K

The MBTA has made $55,000 in sales from its gift shop that opened earlier this year, according to a T spokesperson. The shop sells sandals, shower curtains and even jeans with the T routes printed on them. The top-priced item was a $650 vintage station sign removed from Copley Station. METRO

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Hoarder of pigeons: 'Not guilty'

BROOKLINE. A man accused of harboring more than 100 pigeons in his home and creating a public health nuisance pleaded not guilty yesterday in Brookline District Court to various charges involving the birds.

Edwin Alexanderian, 50, of Hammond Street, said he is not guilty of criminal charges that he is maintaining a dwelling that is a nuisance and that he is keeping pigeons without a permit, according to the Globe. METRO

DiMasi may get 12 years in jail

BOSTON. If prosecutors have their way, former state House Speaker Sal DiMasi will spend more than 12 years behind bars.

In a memo filed yesterday, prosecutors said he should spend 151 months in jail following his conviction for public corruption.

DiMasi, 66, took bribes while serving as speaker.

Prosecutors also wrote that the sentence would be the most severe sentence ever imposed in a political corruption case in the district.

Sentencing is scheduled for Sept. 8. METRO

DA: Man killed by his friend

BOSTON. A Dorchester man was ordered held without bail yesterday for allegedly killing his friend during an argument, prosecutors said.

Lester James, 24, pleaded not guilty to killing 23-year-old Francis Kargbo.

The men were on a porch outside of James' apartment when an argument turned physical and Kargbo suffered a stab wound to his chest, authorities said. METRO

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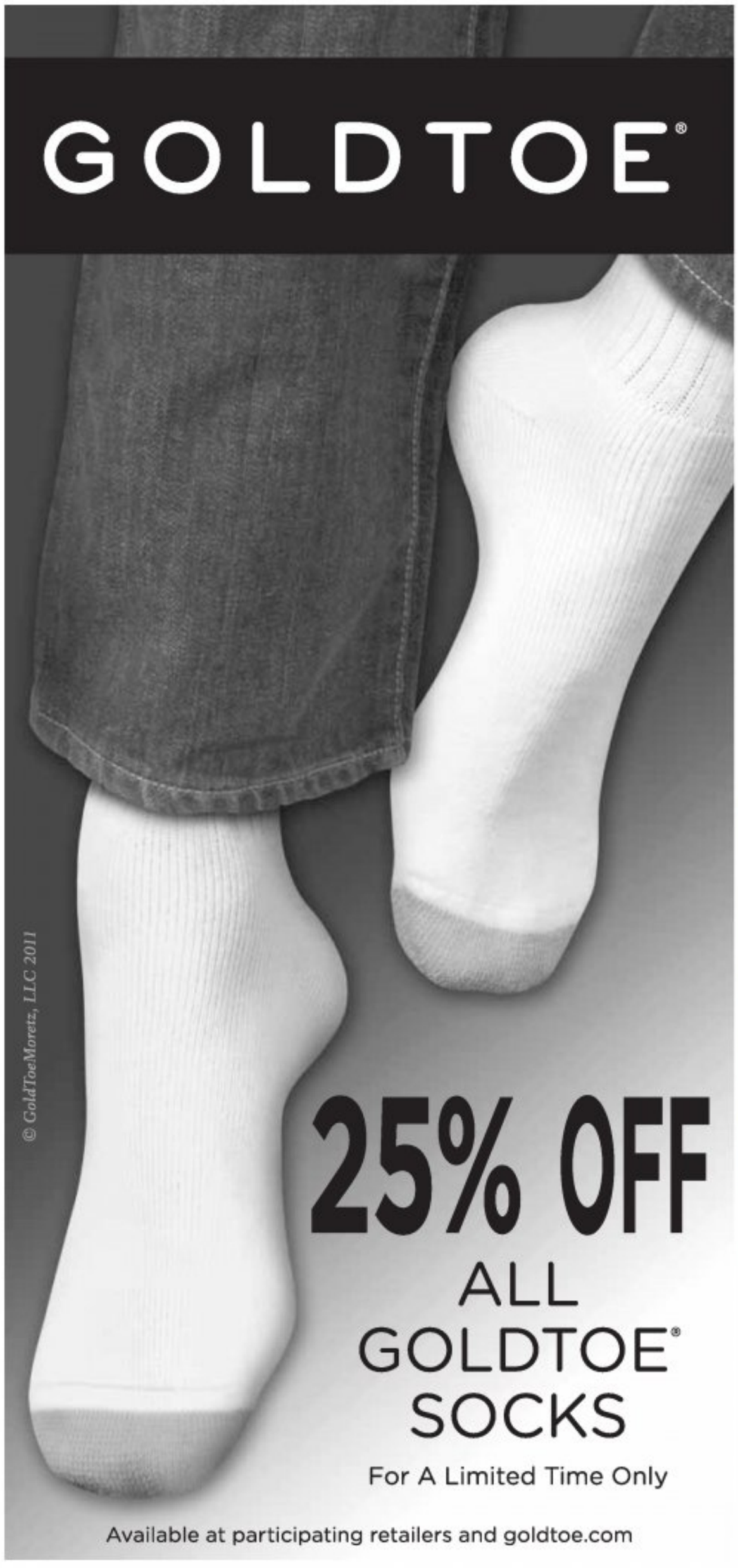

EMT saves boy in burning building

- EMT was off duty when he rushed in to Allston blaze
- Boy, critical, was treated in hyperbaric chamber

An off-duty Boston EMT rushed into a burning Allston building late Tuesday night and saved a 10-year-old boy who was still inside.

Edmund Burke, who has worked for Boston EMS since 1996, heard the call for the fire at 4 Wadsworth St. just after 11 p.m. and headed over while he was on his way in to work.

The Boston Fire Department said the flames on the second floor extended into the home's attic. Only one person, the boy, was injured.

Inside Burke found the boy along with other people who had gone inside to help.

▶ A Boston ambulance

"One man who went inside with me grabbed [the boy's] legs. I grabbed the torso and I said 'We're leaving. We're leaving now,'" Burke told reporters outside the home yesterday.

The boy was taken to Massachusetts General Hospital where he was put in a hyperbaric chamber and was in critical condition, according to EMS.

"It's a lot of relief in knowing that you got someone out who otherwise would have been in a really bad place," Burke said.

Firefighters are investigating the cause and called a building inspector to the scene for possible code violations.

MICHAEL NAUGHTON
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NICOLAUS CZARNECKI/METRO

South Station. Clowing around

▶ Anthony Hoang of the Ringling Brothers and Barnum & Bailey Circus entertains commuters at South Station yesterday.

Send in the (commuter) clowns

North and South stations were a real circus this week. To celebrate the 200th birthday of P.T. Barnum, clowns from Ringling Bros. and Barnum & Bailey circus wandered around the commuter hubs yesterday and Tuesday. METRO

T deaths down since last year

The number of fatalities on the MBTA tracks has toppled since last year, and T officials have slightly tipped their hat towards its Operation Lifesaver program.

Operation Lifesaver is a nationwide nonprofit public awareness program that sends thousands of volunteers to deliver a safety message to young people, business leaders, schoolteachers, professional truck drivers and school bus drivers. The program also works to educate the public about being a pedestrian near open tracks.

STEVE ANNEAR

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Storm could hinder Hub students' move

Goin' Coastal

Sunday's Kenny Chesney concert at Gillette Stadium has been rescheduled to Friday, Aug. 26.

Reserved Commuter Rail trains to the concert were also canceled. There will not be trains to the Friday show.

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Universities assessing storm day-by-day Severe storm may keep out-of-state students from traveling

If Hurricane Irene continues on its path toward the Bay State, it could keep thousands of students from moving into their new digs on Monday.

Boston University's First Year Student Outreach Project, which brings in masses of freshman a week before classes begin, could get stalled, according to school officials.

"We are preparing in the event the hurricane affects the area," said Colin Riley executive director of Media Relations at BU. "We are advising people not to travel in unsafe conditions."

What about Bob?

The last hurricane to make landfall in Boston was Hurricane Bob, which happened 20 years ago. Sixty percent of the Southeastern region lost power in that storm.

Riley said the university would assess the situation day by day until they know more about the storm and have not aborted the program's start date.

Emerson students are also scheduled to move in Monday, but a school spokesperson said those from out-of-state might have to alter travel plans.

The school is sticking to its move-in date, but is advising those traveling on Sunday to "make other arrangements."

By Sunday, the storm could be on top of much of New England, and Hubdwellers should be prepared for possible power outages, heavy tree damage and fierce flooding, according to meteorologists.

STEVE ANNEAR
steve.annear@metro.us

NICOLAUS CZARNECKI/METRO

▶ Good luck with that move this weekend.

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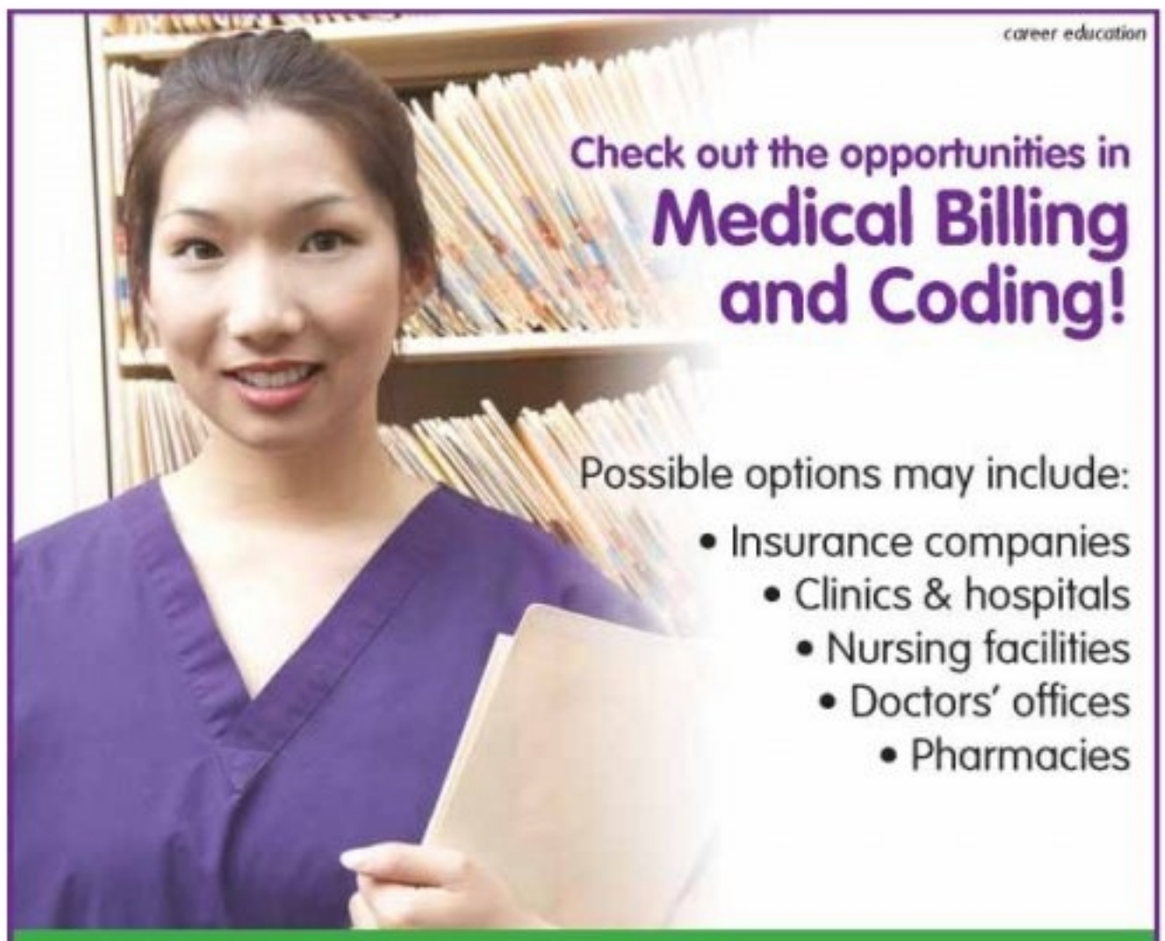

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$1M price on Gaddafi's head as fighting goes on

Leader urges Libyan loyalists to continue battling ◗ Civilians hoping violence will end soon ◗ White House: Gaddafi's reign nearly done

Libya's new masters offered a million-dollar bounty for the fugitive Muammar Gaddafi yesterday, after he urged his men to fight on in battles across the capital.

A day after rebel forces overran his Tripoli headquarters and trashed symbols of his 42-year rule, scattered pockets of loyalist diehards kept the irregular fighters at bay as they hunted Gaddafi and his sons. Rebels also reported fighting deep in the desert and a standoff around Gaddafi's tribal home town.

In Tripoli, rockets and gunfire kept 2 million civilians indoors. Most were anxious but hopeful the war would soon end — and with it, worsening shortages of food, water and medical supplies for hundreds of wounded and for the sick.

"Gaddafi's forces and his accomplices will not stop resisting until Gaddafi is caught or killed," said Mustafa Abdel Jalil, head of the rebels' National Council, who offered amnesty to any of his entourage who killed the fallen strongman and announced a reward worth over $1 million for his capture.

"The end will only come when he's captured, dead or alive," Abdel Jalil said in the eastern rebel stronghold of Benghazi.

REUTERS

On his way out

The White House said yesterday there was no sign yet that Gaddafi has let go of power, but repeated its view that he was on the way out.

"The developments that we're seeing are an indication the Gaddafi regime's 42-year grip on power in Libya is slipping," said White House spokesman Josh Earnest.

FILIPPO MONTEFORTE/AFP/GETTY IMAGES

▶ Rebels celebrate around the iconic statue of a golden fist crushing a U.S. military bomber outside Gaddafi's heavily damaged Bab al-Aziziyah compound in the center of Tripoli.

PATRICK BAZ/AFP/GETTY IMAGES

▶ Libyan rebels take souvenir pictures inside the tent where Gaddafi used to receive foreign dignitaries.

Hunt takes rebels in search of tunnels

When Libyan rebels stormed Muammar Gaddafi's compound in Tripoli, he was nowhere to be found. The hunt for the Libyan dictator may now take them underground.

Suspecting it might come to this, Gaddafi taunted North Atlantic Treaty Organization allies three months ago, saying in a May 13 speech: "I live in a place they cannot reach and where you cannot kill me."

Libyans have grown up on tales of an intricate network of air-conditioned 1970s-era secret passages, which were fortified in the aftermath of the 1986 U.S. bombing raid on Tripoli to provide an increasingly paranoid Gaddafi with a safe way out, according to Karim Mezran, a Libyan exile and a professor at Johns Hopkins University's School of Advanced International Studies in Bologna, Italy.

"Nobody visited these underground bunkers, but the information we got is that he has some tunnels leading from Bab al-Aziziyah to some other places like the airport and even Martyrs Square," Ibrahim Dabbashi, Libya's former deputy ambassador to the United Nations, told reporters yesterday. BLOOMBERG

Burrowers

Other dictators who took refuge in various forms of underground labyrinths include Adolf Hitler and former Soviet leader Joseph Stalin.

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▶ Washington Monument

Structure cracked in quake

WASHINGTON. The earthquake that shook much of the East Coast cracked one of the stones at the top of the Washington Monument, a National Park Service spokesman said yesterday.

The huge obelisk, a prime tourist attraction on the U.S. capital's central Mall, was evacuated soon after the quake was felt around 1:51 p.m. on Tuesday. REUTERS

Biden not there to explain

Vice President Joe Biden said yesterday he "didn't come to explain a damn thing" on his visit to China, adding that the country's economy had become the world's second-biggest due to the stabilizing presence of U.S. troops in Asia.

He told U.S. troops at Japan's Yokota airbase that some media suggested that the purpose of his trip to China was to "explain our economic situation," but that wasn't a major focus of his private talks with Chinese leaders. BLOOMBERG

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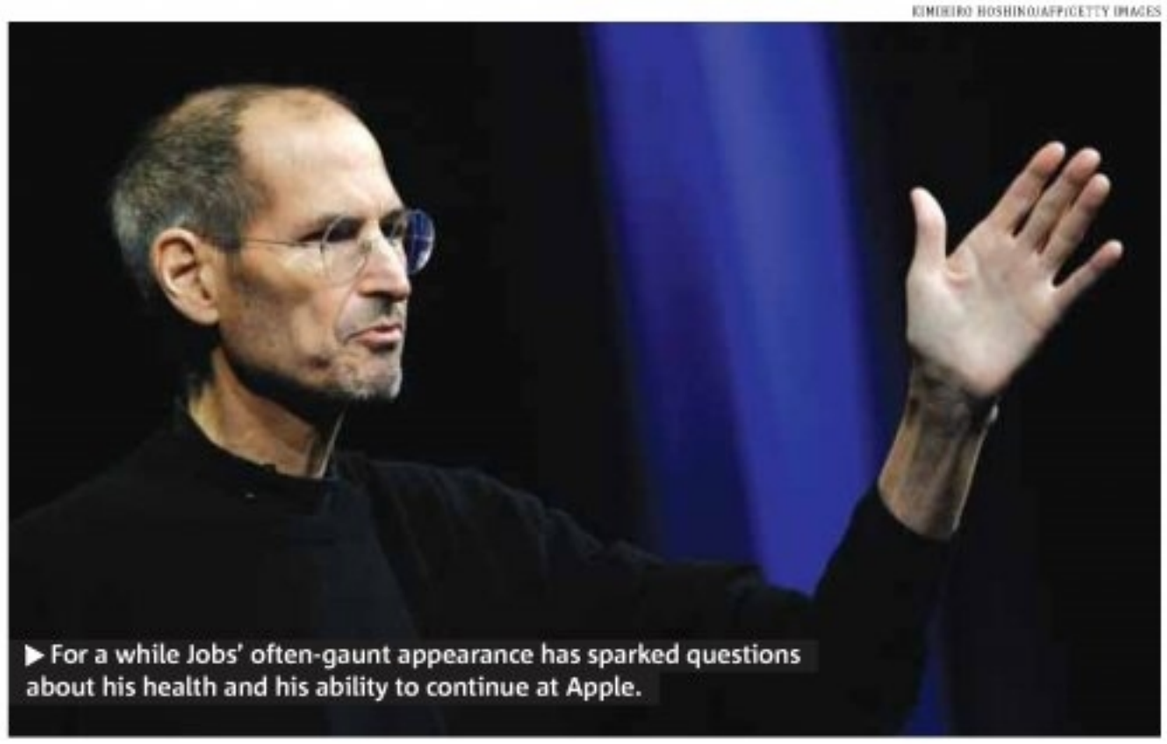

▶ For a while Jobs' often-gaunt appearance has sparked questions about his health and his ability to continue at Apple.

Steve Jobs resigns as Apple CEO

7%
Amount Apple shares fell in extended trading.

17% **The stock has climbed 17 percent this year, up from an adjusted $5.48 on Sept. 16, 1997, the day Jobs came back as CEO after leaving in '85.**

Silicon Valley legend Steve Jobs relinquished the reins at Apple to right-hand man Tim Cook last night, after 14 years in command at a company he brought back from the brink and turned into the world's largest technology corporation.

Jobs, who fought and survived a rare form of pancreatic cancer and revolutionized the technology arena with the iPhone in 2007, is deemed the heart and soul of a company that he himself started in a garage in the late 1970s.

"I have always said if there ever came a day when I could no longer meet my duties and expectations as Apple's CEO, I would be the first to let you know," he said in a brief letter announcing his resignation. "Unfortunately, that day has come."

Quoted

"The big concern is 'Uh-oh, is this the end?' I think that would be clearly overblown."
KEVIN DEDE, ANALYST

A college dropout, a Buddhist and a son of adoptive parents, Jobs started Apple Computer with friend Steve Wozniak. The company soon introduced the Apple 1 computer. But it was the Apple II that became a huge success and gave Apple its position as a critical player in the then-nascent PC industry, culminating in a 1980 IPO that made Jobs a multimillionaire.

"I will say to investors: Don't panic and remain calm," said analyst Colin Gillis. **REUTERS/BLOOMBERG**

Hurricane heading for US

NEW YORK. Irene strengthened to a Category 3 major hurricane as it churned through the Bahamas yesterday on a path forecast to take it to North Carolina's Outer Banks and into New England.

The storm, with winds of 115 miles per hour, may cause "devastating damage," the National Hurricane Center said in an advisory. Evacuations began yesterday on the Outer Banks.

Irene is forecast to pass near the North Carolina coast on Saturday and then strike Long Island and Rhode Island on a path toward Boston early on Sunday, according to the center's projections. **BLOOMBERG**

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THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

A new Cyrus baby

When I first saw this photo and the news item that the goth man in the picture is going to be a dad, I was like, "**Marilyn Manson**'s demon seed passes on." But it turns out it's actually **Miley Cyrus**' brother, **Trace Cyrus**, 22, who has become the baby daddy to the unborn child of Disney's "The Suite Life of Zack & Cody" star **Brenda Song**, 23. That is a lot of tattoos for ol' Trace Cyrus, right? But honestly, I'd probably act out that badly if **Billy Ray Cyrus** were my dad, too.

Oh, and one more thing: Cyrus apparently has a Hot Topic-inspired clothing line called "Southern Made, Hollywood Paid." We do this to ourselves, America.

▶ Disney must be so proud. Song, left and Cyrus.

In Touch is in big trouble

Now that the new issue of In Touch — the tabloid that started the **Will Smith** and **Jada Pinkett Smith** split rumors — is actually out, let's see what it had to say, shall we?

Honestly, it's not much — just that Will walked in on Jada with her "HawthoRNe" co-star **Marc Anthony**. ... Wait! What?!

Yes! They claim Will left crying after catching Marc and Jada together in their family home. Gettin' jiggy with it, indeed.

For what it's worth, everyone involved is totally denying everything, with the Smiths even getting their legal team to possibly take action against the magazine.

Smith was probably just sobbing from the shock of seeing Anthony naked. Kidding! Kind of! This is all so crazy, it must be dreamed up by the "HawthoRNe" PR team just to remind all of us it's still on the air.

Catfights or no at memorial service?

Taylor Armstrong apparently invited her "Real Housewives of Beverly Hills" costars to the private memorial for her estranged husband, **Russell**, yesterday in Hollywood, RadarOnline.com reports. "A lot of thought and consideration went into Taylor's decision to invite the entire cast. In the end, Taylor didn't want to exclude anyone, and even though she doesn't get along with all of them, Taylor wanted them there. The girls have been very supportive to her throughout this entire tragedy. Taylor needs her friends around her more than ever," a source close to the situation said.

I hope the ladies can keep it together enough not to have a fight at the memorial service. But you know, that might just be asking a little too much from them.

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DOROTHY ROBINSON'S WORD BLOG

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Joel McHale doesn't like what he's become, Zach Braff wants to see more news stories, and Seth MacFarlane isn't a fan of scooters.

▶ **@joelmchale**
I found myself humming the "My Heart Will Go On" today. What the hell happened to me?

▶ **@zachbraff**
So much going on in the world. The 6 most popular stories on the Huffington Post are about Kim Kardashian. Color me confused.

▶ **@SetMacFarlane**
Disneyland may be the happiest place on earth, but it's also the most motorized wheelchairiest place on earth.

Zach Braff

Talking points

Another actor in the family

Sarah Jessica Parker admits that **James Wilkie**, her 8-year-old son with husband **Matthew Broderick**, is itching to get into the family business and become an actor. "I don't want him to do it until after he goes to college," she tells Parade magazine. "But part of me thinks maybe it's better if he knows the truth now about how hard it is to be a working actor. I don't know if he grasps what it took to get us here."

▶ Sarah Jessica Parker and son James Wilkie Broderick

Carey to be on 'X-Factor'

It looks like **Mariah Carey** will be a part of the U.S. edition of "The X-Factor" after all, but she won't be sitting behind the judges' table, according to People magazine. "Mariah is definitely confirmed to be a part of 'X Factor,'" a source says, explaining that Carey will be a guest of a judge instead of a judge herself. "She is confirmed to tape something with **Simon Cowell** at the judge's homes."

Fox: Marilyn no more

Megan Fox says she's removing the massive portrait of **Marilyn Monroe** tattooed on her forearm because it caused "negative energy," according to Hollyscoop. "It's a negative character, as she suffered from personality disorders and was bipolar," Fox explains. "I do not want to attract this kind of negative energy in my life. I'm removing it." So does this mean her many other tattoos aren't safe either? "Who knows, maybe I'll remove the others too," she says. "But the laser hurts."

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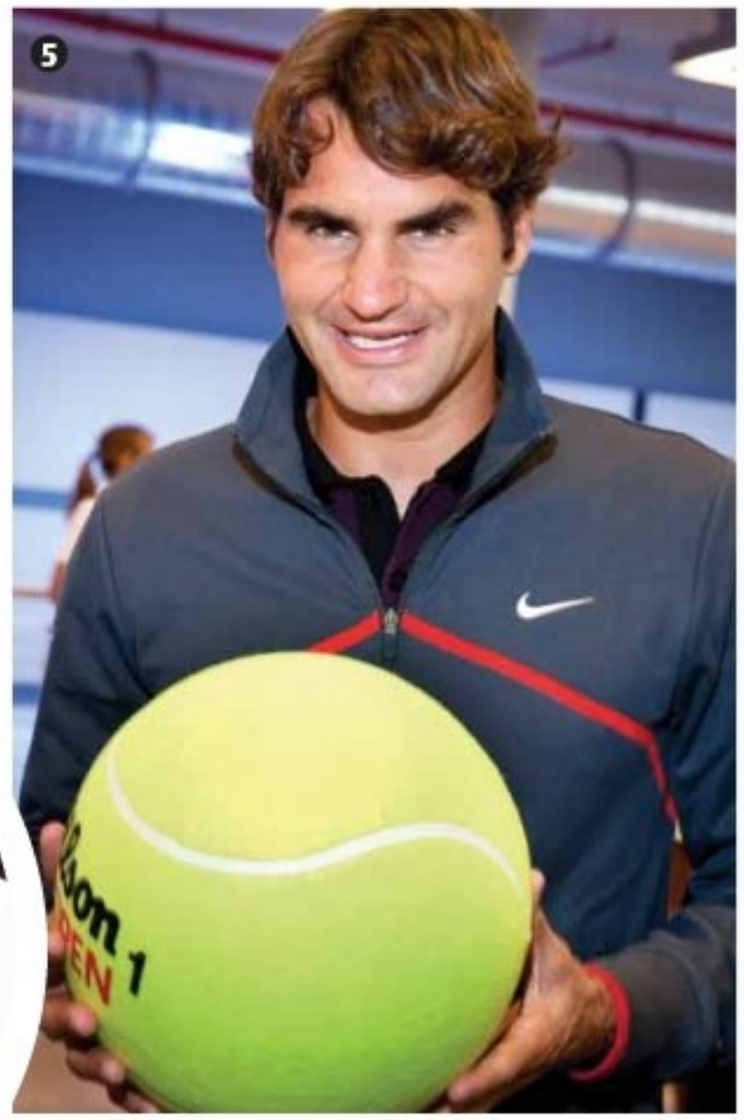

These celebrities are having a ball

1: King Al Pacino showed who's boss at the Q&A portion of the "Scarface" Blu-ray release party Tuesday at Belasco Theatre in Los Angeles.

2: Kellan Lutz hosted the official Project after-party and launch of Dylan George and Co. Abbot + Main Spring 2012 collections at Chateau Nightclub & Gardens on Tuesday in Las Vegas.

3: TV personality Vienna Girardi attended the Deus Ex Human Revolution gaming launch party held Tuesday at the Roxbury in Hollywood.

4: Rachel Maddow showed off her street sense while departing the "Late Show with David Letterman" at the Ed Sullivan Theater in New York City on Tuesday.

5: Roger Federer showed off his big, well, you know, at the 2011 US Open Tweet Rally kickoff at Mercedes-Benz Manhattan on Wednesday in New York City.

6: On Tuesday, Prince Harry chatted with members of The Suffolk Foundation taking part in the EngelandVaarders 2011 rowing exhibition, which goes from Katwijk, South Holland, to the shores of Sizewell, Suffolk. He met the families of four British men aiming to re-create the epic journey made by 32 Dutchmen who escaped their Nazi-occupied homeland of the Netherlands during World War II. Only eight of the refugees survived.

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How will you survive the apocalypse?

Just in time for this week's earthquake, the TLC special 'Livin' for the Apocalypse' captures the lives of survivalists preparing for disaster

Financial collapse, and now an earthquake? Is this really happening? Not surprisingly, a growing sector of the population feels that, yes, the apocalypse is well on the way — and they're taking every precaution to be ready for it.

Take, for example, survivalist Dr. Stirling Silverman (this is his pen name — he will not give us his real name for security reasons), who is featured in the TLC special, "Livin' for the Apocalypse." Since the 1980s, Silverman has been stockpiling food, water, weaponry, silver — you name it — in an undisclosed location in Missouri in preparation for government or environmental failure.

"In the late '80s … I became aware that the government was just not going to be prepared for social security because they were spending the money that we were paying in," he says. "Anybody who can do the math understands that the baby boomers are a large group of people. … You're going to have less people paying into the system and then you're going to have all these baby boomers that are expecting to get their retirement money from social security. I think it's criminally negligent that our politicians did not foresee this thing coming."

Expecting the possibilities of "social unrest, economic collapse and hyper-inflation," Silverman began collecting silver, which may be handy to have if the dollar collapses completely.

Think that sounds extreme? Consider the reasons why you're reading this article right now, or why a show called "Livin' for the Apocalypse" was made in the first place.

HEIDI PATALANO
heidi.patalano@metro.us

Tune in:

'Livin' for the Apocalypse' airs Sunday at 10 p.m. on TLC.

Doomed!

Does Silverman think there's any hope for urbanites to survive?

"No, I really don't. Just being frank with you. Even if you are a survivalist and you put a lot of stuff away, do you really want to be in a densely populated area with thousands of people who haven't prepared? They're going to be hungry and they're not going to hesitate to try to take your stuff. I think that's another reason why you need to be armed. But even in the city, I don't think you could be armed enough to fight off the potential hoards. So no, I don't really hold out much hope for people in the city."

Dr. Stirling Silverman's tips for apocalypse preparedness: What to stockpile first and why

COURTESY OF TLC

1. Water

"Have some bottled water or larger containers of water in storage. Also: water filters. Say you have to get water out of a lake — you don't want to use that for drinking. You might also want to make preparations for collecting rainwater."

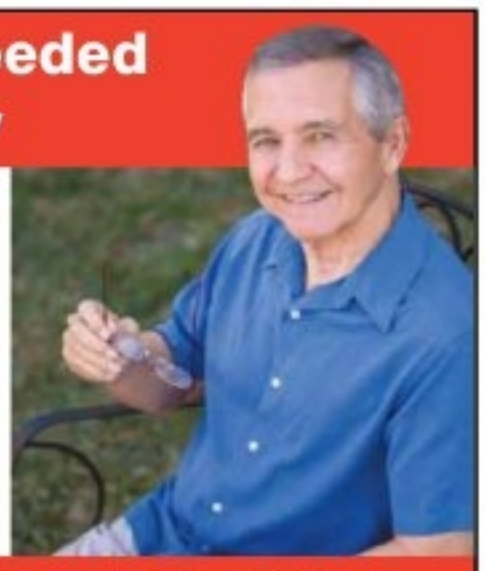
2. Food storage

"You should have at least enough at home to last — depending on what your philosophy is — a few weeks. Some people, like me, have at least a year's supply of food."

3. Utilities

"Think about the things that you get from the local government that you need — like utilities, electricity. The first things you want to take care of are the things you need the most."

Men 65 and Older Needed for a Research Study



If you are a man age 65 or older, you may be eligible to participate in a research study to evaluate the actions of testosterone gel on walking, sexual function, energy, memory and low red blood cell count.

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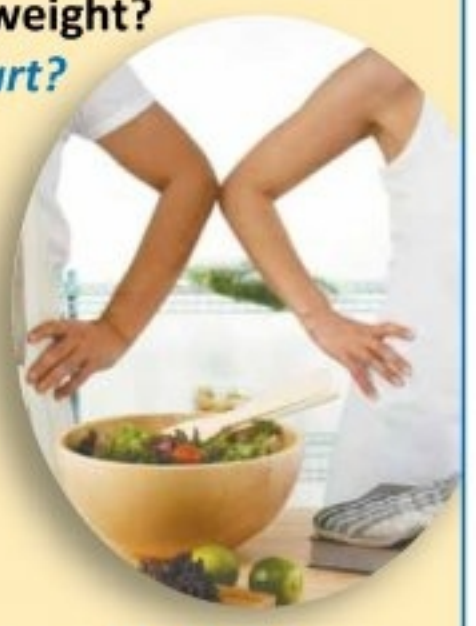

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Five movies to consider seeing this weekend

▶ Zoe Saldana is out for revenge in "Columbiana."

1 **'Columbiana'** From the writers that created last year's heart-stopping action-thriller "Taken" comes another tale of violent retribution. This time Zoe Saldana avenges the murder of her parents by a Columbian drug lord.

2 **'Our Idiot Brother'** Who wouldn't want Paul Rudd for a brother? Even if he plays a mischief-making hippie who couch-surfs through the apartments of his three sisters with complicated lives, unintentionally throwing everything into chaos, we'd still take him.

3 **'Don't Be Afraid of the Dark'** Prepare to get spooked by the whispering voices of the ratlike homunculi, who inhabit a sealed-off space in an old home. When a young family moves in to renovate it, inquisitive young Sally (Bailee Madison) may be lured into their trap. Horror master Guillermo Del Toro wrote and produced this eerie tale co-starring Katie Holmes.

4 **'Fright Night'** In the remake of the classic 1985 film "Fright Night," Colin Farrell plays the smoldering vampire Jerry, who lives next door to a high school senior (Anton Yelchin) who vows to take him out.

5 **'Conan the Barbarian'** Comic-book season is winding down, but here's one last treat before we dive into self-serious Oscar-bait season: Jason Momoa plays the ancient hero out to avenge his slain father. METRO

TV watch list

'Project Runway'

REALITY. It's a race to the finish in a challenge to create a look for New Balance. No, seriously — the designers race each other, on foot, to be named tonight's team captains. 9 p.m., Lifetime

▶ On your mark, get set, go designers!

'Futurama'

COMEDY. Fry contracts an "unknown pathogen" — aka the common cold — in a future world that hasn't seen the sniffles in ages. Hopefully chicken soup and Emergen-C haven't been eradicated from New New York, either.
10 p.m., Comedy Central

'Life 2.0'

MOVIE. The latest film in Oprah's "Documentary Club" looks at people who spend their days on the virtual reality site Second Life. Perfect viewing for people who spend their nights watching others live out their lives on TV.
9 p.m., OWN AMBER RAY

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going out

What up, Brahmin?

- Folks behind Red Sky take over the space where ill-fated 33 once was
- Their goal: A classy establishment

COURTNEY SACCO/METRO

▶ The Brahmin is at 33 Stanhope Street. Visit www.thebrahmin.com for more info.

THURSTY

LUKE O'NEIL
LUKE.ONEIL@METRO.US

After a series of violent crimes, 33 Restaurant closed with a bad reputation, but it should've been better known for serving some top-notch cocktails.

The Brahmin American Cuisine & Cocktails, the new tenants in the space on the suddenly-crowded Stanhope Street, hope to pick up with they left off in the latter regard.

The owners — also behind Red Sky Restaurant & Lounge — say the idea is to pay homage to the old-monied Boston culture the name evokes. That shows up in touches like antique cabinets, tufted couches and old-timey knickknacks strewn throughout the dark brown, candle- and chandelier-lit interior.

Owner Russ deMariano says they're moving away from the vibe of the space's former inhabitants.

"We want the Brahmin to be a destination for lunch, the afterwork and dinner crowd as well as a place you can come to lounge and socialize at night." That said, he adds, "During the weekend nights we plan to create more of an upbeat atmosphere, bumping up the music a little and creating a lively and social atmosphere."

That's how I found it on a recent Thursday, with a typical Back Bay minidress and power-suit crowd drinking along to loud dance music.

Cahktails?

While they're enthused about handcrafted cocktails here, there are a few early-opening kinks to fix. The majority of their recipes take flavored vodkas as a base and weren't executed perfectly, diluted by ice that wasn't cold enough. One drink I did like though was the Crowningshield Manhattan. Balanced between bitter and sweet, it features Crown Royal, Fernet Branca and St. Germain.

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"Antioxidant" Diabetic Drink As 'A Miracle'!

Naturally improves blood sugar, cholesterol, circulation, energy and more in as little as 2 weeks!

What part of your diabetes would you like to see 'go away?' Are you plagued by weight gain and food cravings, high and low blood sugar levels, mood swings, low energy and constant fatigue, poor circulation, vision problems, frequent pain or aggravating bouts of brain fog or memory lapses?

There is good news and it comes in the form of a 'fizzy', drink called OPC Factor™, which quickly revitalizes your entire body and mind!

Better Blood Sugar

The 'miracle' equals a powerful blend of all natural super antioxidants called oligomeric proanthocyanadins, or OPC's, including powerhouses like grape seed, green tea, pine bark, and red wine extracts, along with lemon bioflavonoids, resveratrol, and 23 naturally occurring vitamins and enzyme.

Heart surgeon and Medical Director of the Heart, Diabetes, and Weight Loss Centers of New York, Dr. Fred Vagnini, MD, FACS confirms that *"Antioxidant therapy may slow down the progress of pre-Diabetes."*

"OPC Factor™ has helped lower my glucose levels. I sleep better and have more energy and better circulation," says Charles Leavitt.

"Excess sugar in your blood causes oxidation and inflammation which is a contributing factor to slow sticky blood. Additionally, cellular damage leads to eye, kidney, nerve, heart, and blood vessel damage. OPC Factor™ greatly improves blood circulation which promotes faster blood flow; crucial for diabetics," states Dr. Vagnini.

No More Horse Pills to Swallow!

"Pills and tablets have absorption rates as low as 2 to 20 percent," says Dr. Vagnini.

OPC Factor™ is the first 100% organic formula powered by a revolutionary, high-speed Isotonic 'liquid' delivery system. It mimics the body's pH; having the same pH levels as blood and tears, the nutrients readily absorb at amazing rate of 97%!

Results in Minutes!

Actual blood scans taken twenty minutes apart show how OPC Factor™ virtually flushes away free radicals, excess cholesterol crystals and sugar molecules in the bloodstream.

OPC Factor™ works 20-50 times better than traditional antioxidants against oxidation. OPCs enhance insulin's ability to lower blood sugar.

"My doctor said, "I don't know what you're doing, but keep doing it." says Teresa Wood, from WA.

National Health Institute Proves It!

"I can feel it when I drink it. It gives a lot of energy." says Ken Murdock.

A National Institute of Health funded "Double Blind" clinical study published in July, 2008, supports customer claims about energy. For diabetics, energy equals better sleep, moods, and overall balance.

Studies have found that free radicals produce oxidation that disrupts insulin sensitivity.

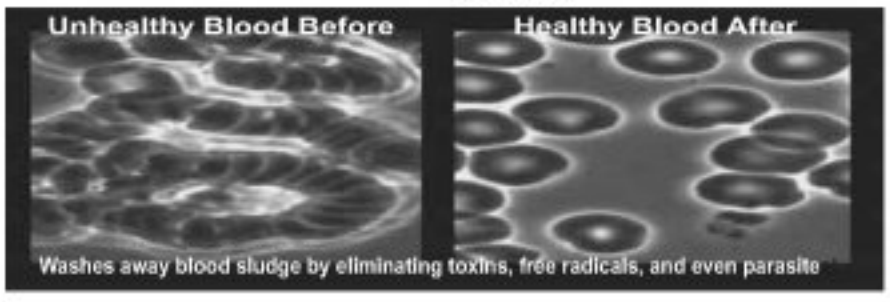
David Payne, a diabetic from Texas, echoes this, *"Since taking OPC Factor, my blood sugar is easier to manage. It boosted my immune system and even helped my cholesterol."*

Goodbye Brain Fog!

A surprising benefit of the OPC Factor™ formula is the mental clarity and energy many users experience after just a few days. Why?

"The brain is over 90% fat making it a perfect place for nasty free radicals to hide. They hitch a ride in your blood stream and are transported into your brain where they create havoc. The free radicals affect your brain health by oxidizing the fatty tissue." remarks Dr. Vagnini.

The result of these OPC's penetrating the blood brain barrier and quenching the free radicals is quite astounding. It's possible that after just one week of drinking OPC Factor™ you'll feel more awake and mentally energized. You'll experience sharper thinking and improved concentration.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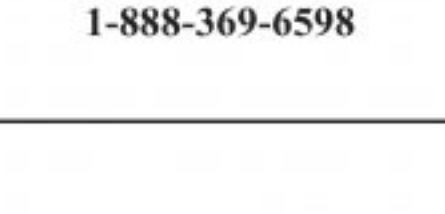

"I started taking OPC Factor and approximately a week after, I went back and had my blood checked. My blood sugar had dropped from about a 180 down to a 112. I had been having back problems and it seemed to resolve that. I like the taste. The taste is very pleasant. It has helped my overall health. The thing that I've noticed the most is the lack of back pain. I've just felt good this past year." rejoices Doyle Allen, ID.

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‘Another Girl,’ another day of work

Juliana Hatfield on why she doesn’t take too much time off Yes, she considers one day off too much

After one day and one night, Juliana Hatfield is done with vacation. Apparently, the one day off is Hatfield’s idea of a summer holiday.

“I went to Martha’s Vineyard recently. I was sort of planning on being there for three days,” says the Boston-based alt pop singer/songwriter. “But I had to come home after 24 hours, because I couldn’t handle any more than 24 hours of relaxation. But I really, really enjoyed the 24 hours of relaxation. I just didn’t want any more.”

Hatfield, whose candid memoir “When I Grow Up” was published in 2008, admits that instead of allowing stress to control her as it did when she was younger, she now uses it as fuel. She celebrates the release of her new album, “There’s Always Another Girl” next week.

“I put a lot of pressure on myself, and I definitely have anxiety about getting stuff done, about getting songs written,” she says. “I guess I kind of thrive on anxiety, I need it. If I’m not constantly producing work then I’ll seize up and become a log on my couch, doing nothing. Inertia is a powerful force and I can get sucked into black holes of doing nothing for a long time. I try not to let that happen.”

LINDA LABAN
linda.laban@metro.us

Plenty of albums (and rest)

Even Hatfield admits that doing nothing can sometimes be quite an attractive way to spend your time, especially for someone who has been hard at it as a professional musician for, astoundingly, around a quarter of a century. “I do allow myself plenty of rest. I always say that I work hard and I rest hard. I can be really lazy and I look back on all the albums I’ve made and say, ‘Well, I deserve a day of doing nothing. I’m going to do nothing today and enjoy it.’”

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Hatfield says she thrives on anxiety.

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Kenny Chesney

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If you’re a country music fan who wears a Red Sox hat to hide your baby dreads and you have money to spare, get truckin’ over to a website that sells pre-bought tickets and get into tonight’s show at Royale, where Kenny Chesney and five of Nashville’s top songwriters will perform acoustic sets. That’s right, Chesney — the mega-selling country star who plays a 68,000-capacity stadium beginning Aug. 26 — is playing a club show tonight! And oh, what a different show the Friday and Saturday shows will be, featuring Zac Brown Band, Billy Currington and Uncle Kracker. Tickets remain for those, but do note that the Sunday date has been switched to Friday, by the way, because of weather warnings.

Chesney

Uncapped Live

Tonight, 8
The Middle East
472 Mass. Ave., Cambridge
There are a lot of cooks in this kitchen. Vitamin Water and Vice Magazine are hosting a night of bands — all of whom were selected by The Raveonettes! They include Turtle Ambulence, Dirty Dishes and our faves, Lord Jeff. It’s a surprising collective of Western Mass. dudes on Thurston Moore’s Ecstatic Peace! label. They swing wildly from trippy folk to stoner fuzz, all the way to a sincere rap in autotune about being pissed that somebody ate their onion rings. The event is free if you RSVP to www.viceland.com/uncappedboston.

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back to school

Back to school COOL

From fun accessories to dorm must-haves, what's on our shopping list this season

The products

1 Before lengthy calls home, plug this retro-style phone receiver into your cell. It blocks radiation by up to 96 percent, and is compatible with most mobile devices. **$30, www.nativeunion.com**

2 This messenger-style bag from Kipling features a ton of compartments for books, papers, pens and gadgets. **$84,** available at select Macy's and at **www.kipling-usa.com**

3 Protect your iPad with these covers featuring old-school classics. **$40-$50, www.outofprint clothing.com**

4 The Livescribe Echo smartpen records everything you hear and write, and can then sync up to your computer. **$99,** at Target, Amazon and Best Buy

5 Dorm mattresses have lived a rich life before you. Therapedic's waterproof cotton mattress pads provide a buffer and eliminate odors too. **$40-$100** at Bed Bath & Beyond

MONICA WEYMOUTH
monica.weymouth@metro.us

Moving tips

Make the most of small dorms

Compared to the size of your new campus, the size of freshman dorms may seem like a cruel joke. Cramped living arrangements are part of the first-year college experience, but a few tricks can make your hole in the wall look and feel more spacious.

Illuminate. Lighter colors make rooms look larger, so invest in bright lamps to enhance the small space.

Reflect. Substitute that Beatles poster that you and everyone else has ready to hang for some decorative mirrors. When strategically placed to reflect light, mirrors are a great, cheap way to create an illusion of space.

Share. Doubling up on certain items (microwave, vacuum, fridge, etc.) can be a waste of space. Coordinate with your roommate on who will bring what before arriving on campus.

Forget the TV. Who needs a bulky television set when you've got free shows streaming online? Use your laptop instead and save some much needed room.

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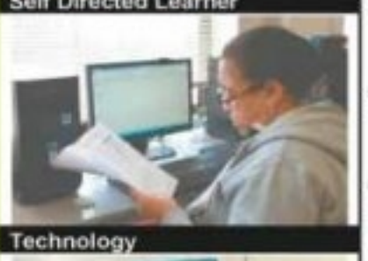
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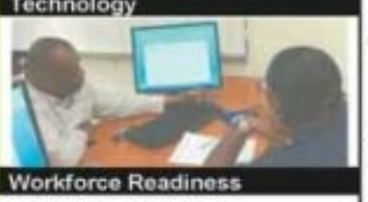
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9/6/11 - 12/9/11	T,W, Th, F	9:30 am to 3:30 pm
The Dimock Center 1800 Columbus Ave, Roxbury, MA Contact: Lisa Millwood		617-442-8800
9/6/11 – 11/30/11	M, T, W, Th	1:30 pm to 6:00 pm
South End Technology Center 359 Columbus Ave., Boston, MA Contact: Donald Jones		617-578-0597
9/19/11 –12/16/11	M, T, W, Th	9:00 am to 1:30 pm
Boston Neighborhood Network/TV 3025 Washington Street, Roxbury, MA Contact: Adreenne Law		617-708-3241
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back to school

5 things NOT to do your first week on campus

A college student shares her advice on how to make sure you have a good college experience

1. Live online
Chatting online with high school friends or using Skype to see a familiar face from back home is all well and good, but don't overdo it. Do your best to avoid the temptations of social networking sites like Facebook and make some real life memories.

2. Be picky about plans
You might not find your best friends right away, but don't let that stop you from going out to find them. It's important to get out and meet your classmates while everyone is still as new to campus as you, so even if you're not in love with the group — go!

3. Keep your door closed
During the first week, keeping your dorm door open is an easy way to let hallmates come in and meet you.

4. Buy out the bookstore
It's tempting to buy anything and everything with your school's name, but it's not something you want to be known for. There's always one overzealous frosh that students can count on to be decked out in college swag from head to toe on any given day — don't be that guy.

5. Wait to get a job on campus
Returning students know how important it is to lock down a job as soon as possible, mostly from learning the hard way their freshman year. The best work-study gigs are limited and go fast, so don't put it off.

LYNNE CARTY
letters@metro.us

COMSTOCK

▶ You are going to be in each other's personal spaces for the next nine months. You might as well learn to like each other rather than Skype with your old friends.

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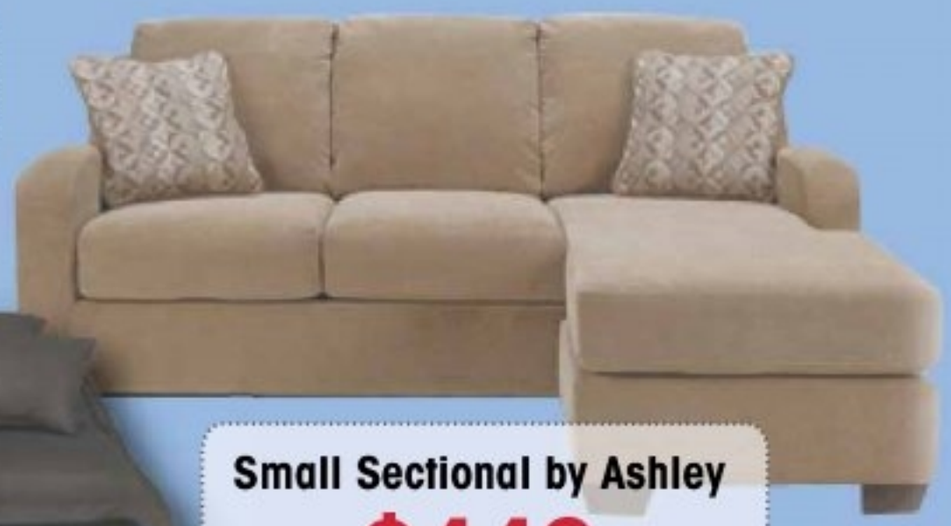

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Letters

letters@metro.us

The Nazis in our midst?

RE: "TEA PARTY IS THE ANSWER": I can't believe an educated person would make such comparisons to a Nazi. That is the problem, teabaggers: You are the ones trying to control the media; Palin, Bachmann and Paul are the liars.
BRIAN GRAU, VIA E-MAIL

Mr. DuPont feels that the Tea Party is the answer? If he's correct, the question must have been "What do you call a gaggle of science-denying, hypocritical bigots who dream of a land populated and governed solely by people like themselves?"
MIKE CAVALLONE, VIA E-MAIL

The citation of Goebbels in support of the Tea Party is most appropriate and ironic. Do you know what the Nazis did? They fostered hatred against a democratically elected government during a time of economic depression. They scapegoated and persecuted the poor, sick and elderly in order to monopolize control of their country. Does this sound like any group you know of? Germany bought into the mantra of hatred just as you have.
ROBERT SMITH, VIA E-MAIL

How long can we blame W.?

As I sit here reading all the pro-Obama letters and anti-Tea Party ones, I have to laugh at the hypocrisy. The Obamamaniacs that blame Bush for everything from the state of the economy to the coming hurricane fail to admit that Obama increased the national debt by four times. His healthcare bill, sold to save us from medical cost doom, was shot down as unconstitutional. Time to pull up your big-boy pants, Mr. President, or the next president will be inheriting your mess.
JOHN CROWLEY, VIA E-MAIL

E-mail your letters: **letters@metro.us**
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Quit punishing hard workers

RE: "BUFFETT HATERS MISS THE POINT": Why is anyone who disagrees with the socialist left in this country branded as a hater? Flora Huang should focus her attention on the massive and unconscionable inefficiencies in state and federal governments vs. higher taxes on hard-working Americans.
MARK BARBEE, VIA E-MAIL

Earthquakes: They just are

RE: "SHAKEN": Stop getting caught up in the "theory" of earthquakes. That's just more crazy science talk. Next thing you know, scientists will be talking about a "theory" of air pollution. **SARAH JANE VAUGHAN, SOMERVILLE**

Horoscope

♍ Virgo **Aug. 23-Sept. 22.** You're usually more secure doing things along traditional lines, rather than toying with new methods or procedures. However, you could learn something new by going out on a limb a bit.
♎ Libra **Sept. 23-Oct. 23.** You might feel that doing things the usual way is boring; and even though you're yearning to try something different, you'll stick by tradition.
♏ Scorpio **Oct. 24-Nov. 22.** Don't be surprised if some sparks fly in a relationship that you've been treating rather casually. It's merely that you'll finally be seeing someone for the wonderful person he or she is.
♐ Sagittarius **Nov. 23-Dec. 21.** Your material desires can be fulfilled by knowing exactly what you want and how to go about getting it. Make a sound plan before moving ahead.
♑ Capricorn **Dec. 22-Jan. 19.** If you're not quite sure how to accomplish a big job using the new way that everybody is trying, stick to the slower but proven method.
♒ Aquarius **Jan. 20-Feb. 19.** Although you're likely to be rather fortunate financially right now, don't take any wild gambles. And when you do make a significant outlay, be sure to investigate every aspect first.
♓ Pisces **Feb. 20-March 20.** Even if the unexpected might annoy and frustrate you, when it comes to investments you aren't likely to be tripped up. But don't go hog wild.
♈ Aries **March 21-April 19.** Without even trying, you're likely to be the one who can easily influence others. Use this power to encourage someone you love to better themselves.
♉ Taurus **April 20-May 20.** You should pay attention to your behavior toward others, to your tone of voice and what you have to offer. You can make a good, lasting impression when you use your talents.
♊ Gemini **May 21-June 20.** Be flexible and willing to do things the way others want them handled, even if you have to depart from your preferred methods. Who knows, you might find a new way of doing something.
♋ Cancer **June 21-July 22.** Stand by your old pal rather than side with someone new when trying to resolve an issue or make a decision. Loyalty is more important than whose thinking is better or worse.
♌ Leo **July 23-Aug. 22.** Try not to be too easygoing with your funds. You are likely to be amazed by how much mileage you can get out of your dollars when you're more careful than usual about your spending.
BERNICE BEDE OSOL

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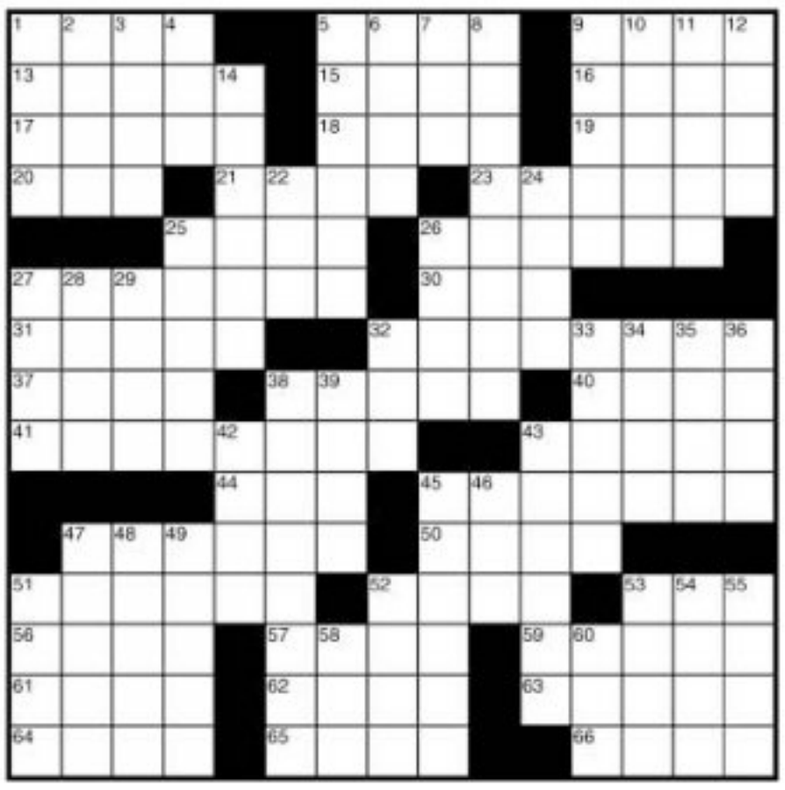
Across
1 Gobble down
5 DEA operative
9 Customs request
13 Winter constellation
15 Jumble
16 Footnote word
17 Macho sort
18 Letter starter
19 Pew locale
20 Sports org.
21 Whipped up
23 Rock plant
25 Weapon or spice
26 Prom honoree
27 Referred to
30 Garden-pond fish
31 Glowing embers
32 Flipped (2 wds.)
37 Mine opening
38 Russell of "Gladiator"
40 Weed killer
41 Wreck havoc on
43 Climber's spike
44 Flight dir.
45 Cascade Range peak
47 Horned animals
50 Delhi nursemaid
51 Ninja's leader
52 Roman sculpture
53 Grassland
56 __ & the Gang
57 Archeologist's find
59 Goes on safari
61 The lowdown
62 Gusto
63 Facilitates
64 Senor's coin
65 Wool sources
66 Witty remark

Down
1 Dose the dog
2 Kind of tradition
3 Nesting place
4 Watch chain
5 Gave silent assent
6 Helm position
7 Narrow inlet
8 Brando role
9 Leonardo da __
10 Potato type
11 Cut, as ties
12 Pious assent
14 Lapps and Bedouins
22 Excellent
24 __ __ for keeps
25 Prefix for media
26 Distort, as data
27 Private school (abbr.)
28 Ore deposit
29 Secular
32 Misery
33 Voter's dilemma
34 Whit
35 Ponce de __
36 Early James Bond foe (2 wds.)
38 Glorify
39 66 and I-80
42 Cafe handout
43 Nebraska river
45 Domes
46 Lamas' chants
47 Lake Geneva feeder
48 Pony feet
49 Ice hut
51 Omit
52 Big name in speakers
53 __ majeste
54 Barely manages
55 Kind of prof.
58 Morning dampness
60 British rule in India



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SUDOKU **LEVEL: EASY**

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SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

M	O	T	T	O	■	P	R	O	P	■	I	G	O	R
A	L	E	U	T	■	H	I	K	E	■	B	A	B	A
S	L	A	N	T	■	O	G	L	E	■	E	P	I	C
K	A	R	A	O	K	E	B	A	R	■	R	E	E	K
■	■	■	■	M	O	B	Y	■	G	A	I	■	■	■
C	A	S	C	A	D	E	■	D	Y	N	A	M	O	S
L	E	T	I	N	■	■	H	U	N	T	■	A	S	H
A	S	E	A	■	S	C	A	N	T	■	A	R	I	A
R	O	E	■	E	N	O	L	■	■	B	R	I	E	R
A	P	R	I	C	O	T	■	P	L	A	C	A	R	D
■	■	■	L	O	B	■	M	O	A	N	■	■	■	■
D	I	A	L	■	B	A	C	K	P	A	C	K	E	R
A	S	T	I	■	I	N	G	E	■	N	O	I	R	E
N	E	O	N	■	E	D	E	R	■	A	L	L	A	N
K	E	P	I	■	R	Y	E	S	■	S	O	T	T	O

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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style

New worldwide trends

There's a boatload of new fashion concepts this fall Choose one or layer it up, almost anything goes It makes for fun dressing, but can mean nightmare shopping trips Before you hit the mall, check out this guide

Shapes

The '60s are the new '70s
Sixties-flavored A-line dresses, skirts and coats ruled the runways for collections such as Prada, Burberry Prorsum and Fendi, replacing all of those floaty '70s looks you coveted last fall. Even trousers are now in cigarette shapes with higher hemlines. Dont worry if you invested heavily in the Studio 54 look, though. That trend is still relevant, too.

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▶ Prada says, "Welcome back, A-line!"

Prints

Polka dots and stars are the new stripes
Last season, it was all about stripes. But this fall, polka dots and stars take the prize for the trendiest print. Thank Marc Jacobs, Stella McCartney and Topshop Unique for all the spots you're seeing in the shops, while Dolce & Gabbana are behind all those dresses covered in Milky Way twinkles that you've been seeing on the red carpet. If you don't feel like committing to either print from head to toe, use a spotted shoe or bag to add pop to your look.

▶ Polka dots are spot-on at Marc Jacobs.

Extras

Maximal is the new minimalism
Embellished to the max in crystals and glitter (Dolce & Gabbana, seen below) or patchwork (Fendi), details and ornamentation are suddenly very important. As seen on just about every runway, more is more this season. And if you're feeling really adventurous, combine them all in a single outfit and own it.

KENYA HUNT
METRO WORLD NEWS IN LONDON

The look for less

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3

Quoted

"That's part of the preseason process — to have guys sack you and knock you on the ground so your body can kind of callous to those hits"

TOM BRADY, ON A PARTICULARLY PAINFUL PART OF THE PRESEASON

Red Sox getting their groove back

Ellsbury, Ortiz — and Gonzalez's power stroke — are back in the lineup
August streaks have been a hallmark of past Why not one this year?

The late-August winning streak has been the hallmark of some of the greatest Red Sox teams of the past 25 years.

In 1986, the Sox ripped off 11 straight wins, beginning at August's end, to end any doubts of another division collapse.

In 2004, it was a 22-3 stretch starting in mid-August that entrenched Boston in playoff position.

Should the current Sox, who entered last night's game against the Rangers tied with the Yankees for first in the AL East, unleash another such stretch to close out this month, it could well ensure a second division title in the past five seasons.

And like an approaching weather system you might have heard about, all the conditions appear favorable for a deluge of Sox dominance.

GETTY IMAGES

▶ Adrian Gonzalez can, in fact, hit home runs.

MVP candidate Jacoby Ellsbury returned to the Red Sox lineup Tuesday after missing three games with a bad back. David Ortiz returned last night after missing nine games with bursitis in his right heel.

And though the man himself never missed a game, Adrian Gonzalez's power stroke finally returned to good health Tuesday, when he hit two homers in an 11-5 victory. They were his first blasts in August after going his previous 84 at-bats without any — and 39 games with just one.

"I've been feeling better lately," Gonzalez said. "That's my swing.

"If I can stay with that, that's when I'm going well. Hopefully I can continue that."

Gonzalez entered last night's game with 20 homers and 97 RBIs. Even without the power, his bat has remained potent, leading the majors with a .346 average.

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Brady: Just be ready

The third game of the preseason is often the last exhibition action for Patriots starters.

Will that be the case this year? Tom Brady, for one, is far from sure.

"Coach Belichick makes that pretty clear to us at the beginning of the week," Brady told the media yesterday. "He said, 'Just expect to play the whole game.' You could play the first quarter, you could play the fourth quarter. From the first preseason game on, he says: 'Guys who are in jerseys, that's what your job is — your job is to play.'"

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